

Expressing Assessment Tool (EAT)(Mothers Version)

This is an expressing assessment tool to guide you while you are expressing breast milk in OLCHC. Your nurse will perform this assessment daily. The 'Green Indicators' mean that expressing is 'going well'. The 'Pink indicators' may suggest an expressing problem. If 'pink indicators' are present: ask your baby's nurse to watch you expressing, and get their advice about how to resolve the expressing problem.

24hour period	Amount of breast milk expected (24hours period)	Amount of breast milk expected per pumping session
Day 1	7-123ml	From a few drops to 5ml
Day 2	44-335ml	From 5-15ml
Day 3	98-775ml	From 15-30ml
Day4-14	750-1000ml	

5ml=1teaspoon

Yes = √ No = X	Indication of effective pumping (Green Indicators)	Answer suggests a problem (Pink Indicators)
Frequency of expression	At least 8 times in 24 hours including once during the night.	Fewer than 8 times. Leaving out the night expression.
Timings of expressions	Timings work around your lifestyle with no gaps of longer than 4 hours (daytime) and 6 hours (night time)	Frequent long gaps between expressions. Difficulty 'fitting in' 8 expressions in 24 hours.
Stimulating milk ejection	Uses breast massage, relaxation, skin contact and/or being close to your baby. Photos or items of baby clothing to help stimulate oxytocin.	Difficulty getting a 'milk ejection reflex'. Stressed and anxious.
Milk flow	Good milk flow. Breasts feel soft after expression	Milk flow delayed and slow. Breasts remain full after expression.
Milk volumes	Gradual increases in 24 hr volume at each assessment. Aim 750 -1,000mls by 2 weeks	Milk volumes slow to increase or are decreasing at each assessment. Volume expressed < than 750 mls/day at 2 weeks
Breast condition	Breast are less full and softer after expressing No red areas on breasts	Breasts hard and painful to touch. Red areas and hard lumps in breasts
Hand expression	*Confident with technique. Appropriate leaflet provided & video watched	*Poor technique observed. Mother not confident.
Using a breast pump	Access to hospital grade electric pump. Effective technique including suction settings. Switching breasts (or double pumping) to ensure good breast drainage. Expressing set provided	Concern about technique. Expressing set not provided
Effective Pumping Technique	Can assemble expressing set Knows technique for washing and sterilising equipment Hands on Pumping Technique used, (Watched Stanford University Video) Uses massage and/or breast compression to increase flow Suction setting correct, maximum comfortable pressure used Breast shields fit correctly, no nipple soreness Expresses until flow slows down, massages and expresses again until flow decreases	Cannot assemble expressing set Does not know technique for sterilising equipment Using pump only, without combining with hand expression No breast massage and/or breast compression Suction setting too high/low Breast shield too small/large, nipples sore Restricting expression length

Adapted from UNICEF UK Baby Friendly Initiative 2013 and HSE 2015

Every drop of breast milk makes a difference. Your breast milk gives your baby all the nutrients they need for around the first 6 months of life. Your breast milk continues to be an important part of their diet, as other foods are given for up to 2 years of age and beyond.

Developed by Quality Improvement Breastfeeding Team.

Date issued: Dec 2015

Date of review: Dec 2017

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Addressograph Label



Our Lady's Children's Hospital, Crumlin
Keeping Track of Expressed Breast Milk

Record the volume of Milk you express every day and record below.

DATE	Number of times Pumped in 24hours (6am-6am)	Total volume of milk Expressed in 24hours (mls)	Type of Pump used	DATE	Number of times Pumped in 24hours (6am-6am)	Total volume of milk Expressed in 24hours (mls)	Type of Pump used

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